

31 July 2024

Dear Parents and Parent Liaisons,

RE: SECONDARY CROSS COUNTRY TRIALS

We are excited to announce **the upcoming Cross Country Trials** for students interested in competing in the EISM Division 3 Cross Country event on Wednesday, 11 September. This is a fantastic opportunity for our students to showcase their athletic abilities and represent our school at the next stage.

The trials will be held using the school oval and public track, and students will be required to complete a 3km time trial. Participation in these trials is voluntary but necessary for those who wish to compete in the EISM Division 3 event.

Please note that students who will be participating in the Gateways program but still wish to earn sport colours for cross country must also participate in the trials. The top 10 students with the best times will qualify for the next stage. These trials will replace the traditional house carnival. Students who are successful in the trials will be required to attend training sessions every Wednesday morning at 7:30 am.

Trial Details:

Year 7 Students

Date: Monday 12 August

Time: 12.30 – 3.35pm during Year 7 Sport as there is a BYE scheduled for most teams.

Those teams who do have a game will be able to attend the Wednesday 21 August at 7.30am

Year 8 and 9 Students

Date: Wednesday 7 August & Monday 12 August

Time: Lunch Time 1.10 – 2.05pm

Years 10-12 Students

Date: Wednesday 7 August & Wednesday 21 August

Time: Completed during senior sport 12.30 – 3.35pm

Students who are absent on the trial day will have the opportunity to attend the running club for a final trial on Wednesday, 21 August, at 7:30 am on the school site.

Thank you for your support and please contact Ms. Rahme via email at or@ags.vic.edu.au if you have any queries regarding the program.

Yours sincerely,



Olivia Rahme
Head of Sport, PE & Health P-12